Course Objectives

- Increase your knowledge about financial planning
- Improve your ability to make informed decisions
Getting to the Heart of the Matter
Presenter

Lori Protzman, RN
Advance Care Planning Coordinator
Queen’s Medical Center &
Member of Kōkua Mau
Lesson Objectives

- Learn how to start the conversation on what Living Well Means to you
- Become aware of why planning ahead matters
- Discover Your Voice
End of Life in America

- 90% chronic illness
- Over 70% die in institutions
- About one in five die at home
- Only about a third will die with hospice care
Prepared for a Hurricane?
Planning Ahead
(aka Advance Healthcare Planning)

- Opportunity to address your wishes, preferences, fears and range of choices if you became very ill
- Opportunity to weigh the benefits and burdens of future healthcare decisions
- Translate your wishes and preferences into legal documents
- Understand this is a process, a journey meant to be revisited and shared
The Conversation
- Before the Hurricane

- Helps assure our voice is heard
- Helps prepare us and our family for what’s coming
- Helps assure our wishes are followed
In Crisis, without our voice...

- We force our families and health care providers to translate what they THINK we would want rather than what WAS wanted
- We Risk receiving unwanted care
- We Risk unnecessary suffering for everyone
The Conversation – After the Hurricane

- Helps make sure your voice was heard and you were cared for in the way you want
- A Gift to those you love by making sure they were not burdened making decisions for you in times of uncertainty
Personal Stories on End-of-Life Issues
The Conversation “Living Well”

- What activities or experiences are most important for you to live well?
- What gives your life meaning?
- What fears or worries do you have about your illness or medical care?
- What would make the quality of your life unacceptable?
- What cultural, religious or spiritual beliefs are important to you?
The Conversation “Why Is It So Hard?”

- Hard to imagine “Very Sick”
- Fear/anxiety
- Generational/Ethnic/Religious
- Magical thinking, superstitions
- TV’s impact
- Financial impact and worries
- Avoidance by healthcare providers
FROM

“What’s the matter with you?”

TO

“What matters to you?”
Website & TV Channels

Take Charge of Your Money

- Visit Us
  
  www.ctahr.hawaii.edu/tcym

- TV channels
  
  - 354
  - 355
We would like to thank the following groups for their support:

- University of Hawai'i at Mānoa
  - College of Tropical Agriculture & Human Resources, Cooperative Extension Service, Department of Family & Consumer Sciences
  - Information Technology Services-Academic Technologies

- Queen's Medical Center

- Kōkua Mau